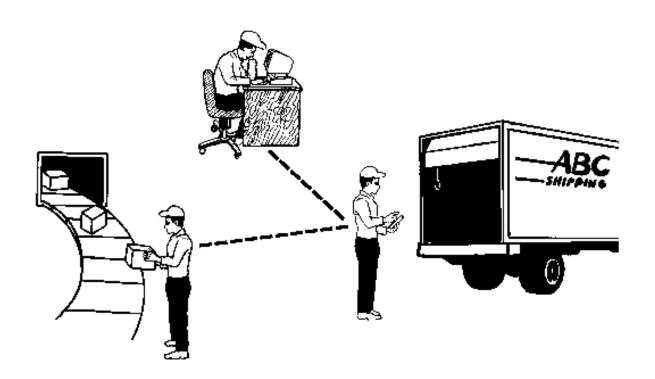
Ergonomics Principle



Include non-lifting tasks in the job

Reduces frequent lifting



Rotate to tasks that don't require frequent lifting

Other benefits:

- Less fatigue at the end of the day
- Cross-training of workers